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2007 NOV 30 A 6:27

J Sainsbury plc  
33 Holborn  
London  
EC1N 2HT

Telephone 020 7695 6000  
www.j-sainsbury.co.uk

Securities and Exchange Commission  
Office Of the International Corporate Finance  
Room 3094 STOP 3-6  
450 Fifth Street N.W.  
Washington DC 20549  
USA

Ext: 020 7695 6378  
Fax: 020 7695 6378  
Date: 16 November 2007



07028346

SUPPL

Dear Sir

J Sainsbury Announces: Director/PMDR Shareholding.

Please find enclosed a copy of the above announcement made to the London Stock Exchange on 15 November 2007.

Yours sincerely

**Hazel Jarvis**  
Deputy Secretary

Enc

PROCESSED

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THOMSON  
FINANCIAL

11/30

**NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS  
DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS**

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2007 NOV 30 A 6:47

1. Name of the *issuer*

**J Sainsbury plc**

2. State whether the notification relates to

(i) a transaction notified in accordance with *DR 3.1.4R(1)(a)*; or

(ii) *DR 3.1.4(R)(1)(b)* a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or

(iii) both (i) and (ii)

**(iii) both (i) and (ii)**

3. Name of *person discharging managerial responsibilities/director*

**Justin Matthew King**

4. State whether notification relates to a *person* connected with a *person discharging managerial responsibilities/director* named in 3 and identify the *connected person*

**N.A.**

5. Indicate whether the notification is in respect of a holding of the *person* referred to in 3 or 4 above or in respect of a non-beneficial interest<sup>1</sup>

**Justin Matthew Harris – J Sainsbury plc share purchase plan trust**

6. Description of *shares* (including *class*), debentures or derivatives or financial instruments relating to *shares*

**Ordinary shares 28 4/7p each**

7. Name of registered shareholders(s) and, if more than one, the number of *shares* held by each of them

**HDSL Nominees Limited - SIP**

8. State the nature of the transaction

**Purchase**

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

**28**

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

**N.A.**

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

**N.A.**

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

**N.A.**

13. Price per *share* or value of transaction

**411.5p**

14. Date and place of transaction  
15 November 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)  
390,264

16. Date issuer informed of transaction  
15 November 2007

**If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes**

17. Date of grant

18. Period during which or date on which it can be exercised

19. Total amount paid (if any) for grant of the option

20. Description of *shares* or debentures involved (*class* and number)

21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

22. Total number of *shares* or debentures over which options held following notification

23. Any additional information

**Share purchase under the Sainsbury's Colleague Share Purchase Plan**

**Regular four weekly share purchase**

**First purchase 28 July 2005**

24. Name of contact and telephone number for queries  
Philip Davies 020 7695 3681

**Name and signature of duly authorised officer or issuer responsible for making notification**

**Philip Davies**

**DATE OF NOTIFICATION 15 November 2007**

**NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS  
DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS**

1. Name of the *issuer*

**J Sainsbury plc**

2. State whether the notification relates to

(i) a transaction notified in accordance with *DR 3.1.4R(1)(a)*; or

(ii) *DR 3.1.4(R)(1)(b)* a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or

(iii) both (i) and (ii)

(i)

3. Name of *person discharging managerial responsibilities/director*

**Gwyn Burr**

4. State whether notification relates to a *person* connected with a *person discharging managerial responsibilities/director* named in 3 and identify the *connected person*

**N.A.**

5. Indicate whether the notification is in respect of a holding of the *person* referred to in 3 or 4 above or in respect of a non-beneficial interest<sup>1</sup>

**Gwyn Burr – J Sainsbury plc share purchase plan trust**

6. Description of *shares* (including *class*), debentures or derivatives or financial instruments relating to *shares*

**Ordinary shares 28 4/7p each**

7. Name of registered shareholders(s) and, if more than one, the number of *shares* held by each of them

**HDSL Nominees Limited - SIP**

8. State the nature of the transaction

**Purchase**

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

**28**

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

**N.A.**

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

**N.A.**

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

**N.A.**

13. Price per *share* or value of transaction

**411.5p**

14. Date and place of transaction  
15 November 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)  
79,893

16. Date issuer informed of transaction  
15 November 2007

**If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes**

17. Date of grant

18. Period during which or date on which it can be exercised

19. Total amount paid (if any) for grant of the option

20. Description of *shares* or debentures involved (*class* and number)

21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

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23. Any additional information  
Share purchase under the Sainsbury's Colleague Share Purchase Plan

Regular four weekly share purchase

First purchase 15 December 2005

24. Name of contact and telephone number for queries  
Philip Davies 020 7695 3681

Name and signature of duly authorised officer or *issuer* responsible for making notification

Philip Davies

DATE OF NOTIFICATION 15 November 2007

**NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS  
DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS**

1. Name of the *issuer*

**J Sainsbury plc**

2. State whether the notification relates to

(i) a transaction notified in accordance with *DR 3.1.4R(1)(a)*; or

(ii) *DR 3.1.4(R)(1)(b)* a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or

(iii) both (i) and (ii)

(i)

3. Name of *person discharging managerial responsibilities/director*

**Kennedy McMeikan**

4. State whether notification relates to a *person* connected with a *person discharging managerial responsibilities/director* named in 3 and identify the *connected person*

**N.A.**

5. Indicate whether the notification is in respect of a holding of the *person* referred to in 3 or 4 above or in respect of a non-beneficial interest<sup>1</sup>

**Kennedy McMeikan – J Sainsbury plc share purchase plan trust**

6. Description of *shares* (including *class*), debentures or derivatives or financial instruments relating to *shares*

**Ordinary shares 28 4/7p each**

7. Name of registered shareholders(s) and, if more than one, the number of *shares* held by each of them

**HDSL Nominees Limited - SIP**

8. State the nature of the transaction

**Purchase**

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

**29**

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

**N.A.**

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

**N.A.**

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

**N.A.**

13. Price per *share* or value of transaction

**411.5p**

14. Date and place of transaction

15 November 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

73,021

16. Date issuer informed of transaction

15 November 2007

**If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes**

17. Date of grant

18. Period during which or date on which it can be exercised

19. Total amount paid (if any) for grant of the option

20. Description of *shares* or debentures involved (*class* and number)

21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

22. Total number of *shares* or debentures over which options held following notification

23. Any additional information

**Share purchase under the Sainsbury's Colleague Share Purchase Plan**

**Regular four weekly share purchase**

**First purchase 1 June 2006**

24. Name of contact and telephone number for queries

**Philip Davies 020 7695 3681**

**Name and signature of duly authorised officer or issuer responsible for making notification**

**Philip Davies**

**DATE OF NOTIFICATION 15 November 2007**

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Securities and Exchange Commission  
Office Of the International Corporate Finance  
Room 3094 STOP 3-6  
450 Fifth Street N.W.  
Washington DC 20549  
USA

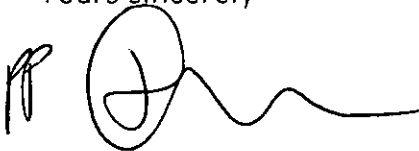
Ext: 020 7695 6378  
Fax: 020 7695 6378  
Date: 16 November 2007

Dear Sir

J Sainsbury Announces: Holding(s) in Company.

Please find enclosed a copy of the above announcement made to the London Stock Exchange on 16 November 2007.

Yours sincerely



**Hazel Jarvis**  
Deputy Secretary

Enc



1. *Chlorophyll a* and *Chlorophyll b* contents were determined by spectrophotometry using the method of Lichtenthaler and Whistler (1973).

**Resulting situation after the triggering transaction (vii)**

Class/type of shares if possible using the ISIN CODE	Number of shares	Number of voting rights (ix)		% of voting rights	
	Direct	Direct (x)	Indirect (xi)	Direct	Indirect
	110,045,437	110,045,437		6.3%	

**B: Financial Instruments**

**Resulting situation after the triggering transaction (xii)**

Type of financial instrument	Expiration Date (xiii)	Exercise/Conversion Period/ Date (xiv)	Number of voting rights that may be acquired if the instrument is exercised/ converted.	% of voting rights
------------------------------	------------------------	--	---	--------------------

**Total (A+B)**

Number of voting rights    % of voting rights

110,045,437                  6.3%

**9. Chain of controlled undertakings through which the voting rights and/or the financial instruments are effectively held, if applicable (xv):**

**Proxy Voting:**

**10. Name of the proxy holder:**

.....

**11. Number of voting rights proxy holder will cease to hold:**

.....

**12. Date on which proxy holder will cease to hold voting rights:**

.....

**13. Additional information:**

**14. Contact name:**

**15. Contact telephone number:**

**Annex Notification Of Major Interests In Shares** <sup>(xvi)</sup>

**A: Identity of the person or legal entity subject to the notification obligation**

**Full name** (including legal form for legal entities):

Lord Sainsbury of Turville

**Contact address** (registered office for legal entities):

22-23 Gayfere Street  
London SW1P 3HP

**Phone number:**

0207 072 4405

**Other useful information** (at least legal representative for legal persons):

.....

**B: Identity of the notifier, if applicable** <sup>(xvii)</sup>

**Full name:**

Philip Davies

**Contact address**

J Sainsbury plc, 33 Holborn, London EC1N 2HT

**Phone number:**

0207 695 3681

**Other useful information** (e.g. functional relationship with the person or legal entity subject to the notification obligation):

.....

**C: Additional information:**

Lord Sainsbury of Turville will sell 20 million shares to Credit Suisse Europe under a derivative transaction previously entered into on 3 November 2006 with Credit Suisse International by Judith Portrait as trustee of the Blind Trust for Lord Sainsbury of Turville whilst he was subject to the ministerial code. Following this announcement Lord Sainsbury of Turville will upon completion of this sale, which is expected occur no later than Wednesday 22 November 2007, no longer have an interest in such shares.

**Notes to the Forms**

- (i) This form is to be sent to the issuer or underlying issuer and to be filed with the competent authority.
- (ii) Either the full name of the legal entity or another method for identifying the issuer or underlying issuer, provided it is reliable and accurate.
- (iii) This should be the full name of (a) the shareholder; (b) the person acquiring, disposing of or exercising voting rights in the cases provided for in DTR5.2.1 (b) to (h); (c) all the parties to the agreement referred to in DTR5.2.1 (a), or (d) the direct or indirect holder of financial instruments entitled to acquire shares already issued to which voting rights are attached, as appropriate.

In relation to the transactions referred to in points DTR5.2.1 (b) to (h), the following list is provided as indication of the persons who should be mentioned:

- in the circumstances foreseen in DTR5.2.1 (b), the person that acquires the voting rights and is entitled to exercise them under the agreement and the natural person or legal entity who is transferring temporarily for consideration the voting rights;
- in the circumstances foreseen in DTR 5.2.1 (c), the person holding the collateral, provided the person or entity controls the voting rights and declares its intention of exercising them, and person lodging the collateral under these conditions;
- in the circumstances foreseen in DTR5.2.1(d), the person who has a life interest in shares if that person is entitled to exercise the voting rights attached to the shares and the person who is disposing of the voting rights when the life interest is created;
- in the circumstances foreseen in DTR5.2.1 (e), the parent undertaking and, provided it has a notification duty at an individual level under DTR 5.1, under DTR5.2.1 (a) to (d) or under a combination of any of those situations, the controlled undertaking;
- in the circumstances foreseen in DTR5.2.1 (f), the deposit taker of the shares, if he can exercise the voting rights attached to the shares deposited with him at his discretion, and the depositor of the shares allowing the deposit taker to exercise the voting rights at his discretion;
- in the circumstances foreseen in DTR5.2.1 (g), the person that controls the voting rights;
- in the circumstances foreseen in DTR5.2.1 (h), the proxy holder, if he can exercise the voting rights at his discretion, and the shareholder who has given his proxy to the proxy holder allowing the latter to exercise the voting rights at his discretion.

(iv) Applicable in the cases provided for in DTR 5.2.1 (b) to (h). This should be the full name of the shareholder who is the counterparty to the natural person or legal entity referred to in DTR5.2.

(v) The date of the transaction should normally be, in the case of an on exchange transaction, the date on which the matching of orders occurs; in the case of an off exchange transaction, date of the entering into an agreement.

The date on which threshold is crossed should normally be the date on which the acquisition, disposal or possibility to exercise voting rights takes effect (see DTR 5.1.1R (3)). For passive crossings, the date when the corporate event took effect.

(vi) Please refer to the situation disclosed in the previous notification. In case the situation previous to the triggering transaction was below 3%, please state "below 3%".

(vii) If the holding has fallen below the minimum threshold, the notifying party should not be obliged to disclose the extent of the holding, only that the new holding is less than 3%.

For the case provided for in DTR5.2.1(a), there should be no disclosure of individual holdings per party to the agreement unless a party individually crosses or reaches an Article 9 threshold. This applies upon entering into, introducing changes to or terminating an agreement.

(iii) Direct and indirect

(ix) In case of combined holdings of shares with voting rights attached 'direct holding' and voting rights 'indirect holdings', please split the voting rights number and percentage into the direct and indirect columns-if there is no combined holdings, please leave the relevant box blank.

(x) Voting rights to shares in respect of which the notifying party is a direct shareholder (DTR 5.1)

(xi) Voting rights held by the notifying party as an indirect shareholder (DTR 5.2.1)

(xii) If the holding has fallen below the minimum threshold, the notifying party should not be obliged to disclose the extent of the holding, only that the new holding is below 3%.

(xiii) date of maturity / expiration of the financial instrument i.e. the date when the right to acquire shares ends.

(xiv) If the financial instrument has such a period-please specify the period- for example once every three months starting from the (date)

(xv) The notification should include the name(s) of the controlled undertakings through which the voting rights are held. The notification should also include the amount of voting rights and the percentage held by each controlled undertaking, insofar as individually the controlled undertaking holds 5% or more, and insofar as the notification by the parent undertaking is intended to cover the notification obligations of the controlled undertaking.

(xvi) This annex is only to be filed with the competent authority.

(xvii) Whenever another person makes the notification on behalf of the shareholder or the natural person/legal entity referred to in DTR5.2 and DTR5.3

END